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Use Plentiful Potatoes



for

★ THRIFT

★ GOOD HEALTH

★ GOOD EATING

U. S. Department of Agriculture
Office for Food and Feed Conservation

AUG 13 1948

SAVE FOOD
STRETCH FOOD MONEY

U.S.D.A.
LBS

*Be Cooking Wise with **POTATOES***



Our sturdy brown-jacketed friend—the potato—has a place at your table every day.

. . . or twice a day. For potatoes are one of your best buys.

Use them the old ways—and these varied new ways—and make your food dollar go farther than you'd guess.

You like potatoes boiled or baked—and steaming hot. Or mashed to fluffy whiteness—and fried crispy brown, of course.

But do even more things with them. Dress them up as main dishes. Or send them to the table as vegetable dishes that are “different.”

and consider their merits

They give us food energy—at low cost. More food energy for the money than any other vegetable.

Potatoes have valuable vitamin C and little is lost if they're properly cooked. We can count on them for other vitamins. And for important minerals, too.

There's also protein in potatoes—not in very large amounts. Serve potatoes with meat, fish, milk, or eggs, and you add high-quality protein that improves the potato protein.

If you're watching calories . . . and your waist line . . . watch what you add to potatoes—use less butter, gravy, and the like. But don't avoid potatoes.

Potatoes are no more fattening than many other foods. You don't get any more calories from one medium-sized potato than from an apple or banana. And the potato has only a third as many calories as a piece of two-crust berry pie.

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Boil them in their jackets . . . and keep those vitamins and minerals inside.

So start with potatoes cooked in their jackets—whether you serve them creamed, parslie, mashed, or hash-browned.

If you peel potatoes before boiling, you lose more nutrients, especially vitamin C, than if you boil them in their skins.

Go easy on the water when peeled potatoes go into the pot. The more water you use, the more nutrients you lose.

And save the cooking water with its vitamins and minerals. You can put it to good use in gravy, soup, and sauces.

Baking potatoes keeps vitamins in, too. But in baking they lose more vitamin C than boiling in their jackets.

Mashing potatoes doesn't greatly lessen their food value. It's the way you cook them before mashing—whether you boil them in their skins or not—that counts most.

Twice-cooking—boiling potatoes for fried or hash-browned dishes, for instance—means more vitamin loss, too. And you lose more vitamins in frying raw potatoes than you do in boiling.

and remember

Prepare them as you will . . . potatoes are good for us to eat. And if the family likes them fried or hash-browned, just add vitamins to the meal with other vegetables and fruits.

You're missing opportunities unless potatoes



Potatoes are Plentiful

go into some of your main dishes. On these inside pages, we're suggesting meals that feature potatoes, meals with all the heartiness you require—including one-sixth of the day's protein.

POTATO MAIN DISHES

POTATO-PORK PUFF

2 cups mashed potatoes
Hot milk to moisten
1 tablespoon fat
1 egg, separated
Salt and pepper
2 tablespoons minced onion
1 tablespoon chopped parsley
1 cup cubed cooked pork

To mashed potatoes, add milk, fat, egg yolk, seasonings, and meat. Fold in stiffly beaten egg white. Pour into greased baking dish. Bake in a moderate oven (350° F.) 30 minutes or until brown. Serves 4.

To Complete the Meal

Serve cooked carrots, grapefruit salad; fruit shortcake.

POTATO VOLCANOES WITH RAREBIT

3 cups seasoned mashed potatoes
3 tablespoons fat
2 tablespoons flour
1 cup milk
1/4 teaspoon salt
1 cup grated cheese
1 egg, well-beaten

Shape mashed potatoes into four mounds on baking sheet. Make hollow in center of each; brush with 1 tablespoon melted fat. Brown in 350° F. oven.

While potatoes brown, make rarebit. Melt 2 tablespoons fat, blend in flour, add milk slowly; cook, stirring constantly, until thickened. Add cheese; stir until melted. Pour a little sauce into beaten egg, then pour back into sauce. Cook 3 minutes longer.

Remove volcanoes to hot serving plate; fill with rarebit to overflowing. Sprinkle with paprika.

To Complete the Meal

Serve with green peas, shredded carrot and raisin salad, gingerbread and fruit.

HAM-STUFFED BAKED POTATOES

4 large potatoes
1/2 cup finely chopped cooked ham
1/4 cup milk
Salt and pepper
1 egg, separated

Bake mature potatoes in hot oven (450° F.) 40 to 60 minutes. Cut slice off top; scoop out center, leaving thick shell.

Mash potato, mix with milk, egg yolk, ham; season. Fold in beaten egg white; refill shells. Bake 10 minutes in hot oven. Serves 4.

To Complete the Meal

Serve with lima beans, broccoli, tomato-cottage cheese salad; apricot upside-down cake.

POTATO-HAMBURGER PIE

12 small onions
8 small carrots
3/4 pound ground beef
Seasonings
3 tablespoons fat
3 tablespoons flour
2 cups seasoned mashed potatoes

Cook onions and carrots. Season beef and form into 8 balls; brown in fat; place in casserole.

To make gravy add flour to drippings; brown, add 1 1/2 cups liquid, using any left from cooking vegetables. Stir until thickened.

To meat balls, add gravy, onions, and carrots. Cover with the mashed potatoes. Brush with milk; bake in a moderate oven (350° F.) until brown (about 20 minutes). Serves 4.

To Complete the Meal

Serve with coleslaw; for dessert, watermelon.

POTATO-CHEESE SURPRISE

1 egg, beaten
Salt and pepper
2 cups hot mashed potatoes
1/4 pound cheese, cut into slices
2 tablespoons melted fat
4 slices tomatoes
1/4 cup crumbs

Add eggs, salt and pepper, to potatoes; beat; shape into 4 balls; press centers to make cups; place cheese in cups; brush mound with fat. Cover cheese with slice of tomato, sprinkle with crumbs, season; bake in a moderate oven (350° F.) 30 minutes. Serves 4.

To Complete the Meal

Serve with snap beans, tossed green salad; chocolate custard.

HEARTY POTATO SALAD

1 cup diced cooked potatoes
1 cup cooked navy beans
1 cup shredded cabbage
1 tablespoon minced onion
3 tablespoons French dressing
2 strips bacon
1 tablespoon bacon fat
Salt

Mix potatoes, navy beans, cabbage, onion with French dressing. Chill thoroughly.

Fry bacon until crisp. Break in pieces and mix with salad. Add bacon fat and salt to taste. Serve bordered with shredded lettuce tossed in French dressing. Serves 4.

To Complete the Meal

Serve with deviled eggs, pickled beets, and celery strips; fruit compote, and peanut-butter cupcakes.

POTATO SALADS

BASIC RECIPE

3 cups diced, peeled potatoes
1/4 cup sliced onion
3/4 cup diced celery
2 tablespoons minced parsley
Salt and pepper
3/8 cup salad dressing or enough to moisten

Combine lightly. Chill thoroughly. Serves 4.

VARIATIONS (Each Serves 4)

Tomato-Jelly Potato Salad Mold.—Use 1 1/2 cups well-seasoned tomato gelatine and 1 cup potato salad. Put a layer of tomato gelatine in custard cups, then a layer of potato salad and another of gelatine. Serve on shredded lettuce or other greens.

Serve with hot tongue, spinach; for dessert, fruit cobbler.

Bermuda Bowl.—Serve 2 cups potato salad with 2 Bermuda onions, sliced thin, thin slices of unpeeled cucumbers, and thick slices of tomatoes. Surround with tossed green salad.

With this serve 4 deviled eggs, thin slices of rye bread and cheese for made-at-the-table sandwiches; for dessert, frozen peanut-brittle custard made with evaporated milk.

Mexican Salad Plate.—Place 3 cups potato salad in center of salad plate. Surround with alternating mounds of raw spinach leaves, tossed in French dressing, small red pickled beets, shredded carrots.

With this serve 1/4 pound sardines, 4 hard-cooked eggs with mayonnaise; for dessert, chilled chocolate malted milk and filled peanut-butter cookies.

MAIN-DISH POTATO SALADS

Ham-'n'-Egg Potato Salad.—To 2 cups potato salad add 1/2 cup diced cooked ham and 4 quartered hard-cooked eggs.

Serve with tomato wedges and tossed green salad; for dessert, hot apple dumplings with top milk.

Luncheon Meat Cups With Potato Salad.—Make 8 cones by rolling thin slices of luncheon meat and fastening with toothpicks. Fill them with 2 cups potato salad. Serve on platter, bordered with mounds of green salad alternating with mounds of shredded carrots.

Serve with rye bread and tomato juice; for dessert, blueberry (or prune or apple) Brown Betty.

Potato Salad-Salmon Plate.—Serve 3 cups potato salad in four mounds, garnished with lettuce. Border platter with mounds of chilled canned salmon (1/2 of a pound can) broken in large chunks, tomato and cucumber slices, parsley and lemon wedges.

Serve with whole-wheat muffins; for dessert, coconut-banana rolls.

Potato and Cottage Cheese Salad.—To 2 cups of well-seasoned potato salad add 1 cup of cottage cheese and 1 tablespoon of chopped pickle. Serve in lettuce cups.

Serve with hot vegetables—cabbage and carrots; for dessert, orange milk sherbet and cookies.

OTHER WAYS

CHEESED POTATO BALLS

12 small potatoes
3/4 cup grated Cheddar cheese
1/2 teaspoon salt
1/2 teaspoon minced parsley
1/4 teaspoon paprika

Boil potatoes in jackets. When done, peel and place in greased casserole. Sprinkle with salt, cover with grated cheese. Place under broiler or in oven to melt cheese. Garnish with chopped parsley and paprika just before serving. Serves 4.

HASH-BROWNEED POTATOES

3 tablespoons milk
2 tablespoons flour
2 cups cooked diced potatoes
Salt and pepper
2 tablespoons fat
1/4 cup chopped onion

Add milk slowly to flour; add potatoes, seasonings. Heat fat in skillet. Add onion and cook until transparent. Stir in potato mixture, press down firmly, shaping into round cake.

Cover and cook over low heat about 15 minutes or until browned on the bottom. Add 2 tablespoons fat during cooking. Turn; brown other side. Serves 4.

SAVORY NEW POTATOES

12 small new potatoes
2 stalks celery, diced
2 strips bacon
1/4 cup chopped onion
Salt and pepper
1 sprig parsley, minced

Cook scraped potatoes and celery in small amount of water until tender. Drain. Fry bacon until crisp. Remove bacon; fry onion in drippings; add potatoes and crumbled bacon. Season to taste. Sprinkle with parsley just before serving. Serves 4.

HOT POTATO SALAD

4 medium potatoes
1/2 cup diced celery
4 hard-cooked eggs
3 slices bacon, diced
1 medium onion, minced
1/2 tablespoon flour
1/4 cup vinegar
1/4 cup water
Salad dressing to moisten
Salt and pepper

Cook potatoes in jackets. Peel and dice; add celery and eggs. Fry bacon and onion together until bacon is browned and onion tender. Stir in flour. Add vinegar and water; cook, stirring constantly until mixture thickens. Add potato mixture, stir lightly with a fork. Heat. Add salad dressing to moisten and season to taste. Serves 4.

MEAT-POTATOBURGERS

3/4 pound ground beef
3/4 cup ground or coarsely grated raw potato
1/4 cup ground or grated onion
2 tablespoons chopped green pepper
1 teaspoon salt
1 egg
Drippings or other fat
1 cup tomato juice or puree
1 tablespoon flour

Mix all ingredients except fat, tomato juice, and flour. Form into 4 or 5 flat cakes.

Brown cakes on both sides in fat in a frying pan. Add tomato juice, cover, and simmer slowly until done—about 25 minutes.

Remove cakes and keep hot. Mix flour with a little water and stir slowly into tomato juice. Cook slowly, stirring constantly until thickened. Pour sauce over cakes. Serves 4.

To Complete the Meal

Serve with snap beans, orange and grapefruit salad; for dessert, cherry upside-down cake.

"MONEY-SAVING MAIN DISHES," the Department of Agriculture's new menu and recipe booklet, has a special section devoted to potatoes. It contains a score of main-dish and salad recipes which make use of this plentiful food. You can obtain a copy free if you print your name and address on a post card and address it to Food Conservation, Washington 25, D. C.

Issued by
Office for Food and Feed Conservation
With the Cooperation of
Bureau of Human Nutrition and Home Economics
U. S. Department of Agriculture
Washington, D. C. June 1948